

Daily Physical Activity Diary

Student Name _____

Month: Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec (circle month)

3 4 2 4 5 2 3 4 5 3 <-- weeks in month

Monthly Percent Average (sum of weekly %/weeks in month): _____ %

	Duration of Activity (minutes)																								Act. Type (circle)	Daily Total	Activity	Adult's Initial			
	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120							
Week 1																															
Start Date	Sun																									C	S	F			
	Mon																									C	S	F			
to	Tue																									C	S	F			
	Wed																									C	S	F			
	Thu																									C	S	F			
	Fri																									C	S	F			
Week End	Sat																									C	S	F			

Exercise Days pts: _____ /25 pts {1 day (8pts) 2 days (17 pts) 3 or more days (25 pts)} Total Time pts: _____ /75 pts min <-- Week's Total --> _____ %

	Duration of Activity (minutes)																								Act. Type (circle)	Daily Total	Activity	Adult's Initial			
	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120							
Week 2																															
Start Date	Sun																									C	S	F			
	Mon																									C	S	F			
to	Tue																									C	S	F			
	Wed																									C	S	F			
	Thu																									C	S	F			
	Fri																									C	S	F			
Week End	Sat																									C	S	F			

Exercise Days pts: _____ /25 pts {1 day (8pts) 2 days (17 pts) 3 or more days (25 pts)} Total Time pts: _____ /75 pts min <-- Week's Total --> _____ %

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	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120							
Week 3																															
Start Date	Sun																									C	S	F			
	Mon																									C	S	F			
to	Tue																									C	S	F			
	Wed																									C	S	F			
	Thu																									C	S	F			
	Fri																									C	S	F			
Week End	Sat																									C	S	F			

Exercise Days pts: _____ /25 pts {1 day (8pts) 2 days (17 pts) 3 or more days (25 pts)} Total Time pts: _____ /75 pts min <-- Week's Total --> _____ %

	Duration of Activity (minutes)																								Act. Type (circle)	Daily Total	Activity	Adult's Initial			
	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120							
Week 4																															
Start Date	Sun																									C	S	F			
	Mon																									C	S	F			
to	Tue																									C	S	F			
	Wed																									C	S	F			
	Thu																									C	S	F			
	Fri																									C	S	F			
Week End	Sat																									C	S	F			

Exercise Days pts: _____ /25 pts {1 day (8pts) 2 days (17 pts) 3 or more days (25 pts)} Total Time pts: _____ /75 pts min <-- Week's Total --> _____ %

Physical Activities Categories

Requirement: **150 hours per week** of moderate to vigorous physical activity
(with a minimum of 3 days)

Endurance Activities

Cardiovascular endurance activities help the heart, lungs, and circulatory system stay healthy and provide increased energy. Activities that increase endurance should be moderate to vigorous:

- *moderate physical activity* causes some increase in breathing and/or heart rate, but not enough to prevent an individual from carrying on a conversation comfortably during the activity. Examples of moderate physical activities include brisk walking, dancing, swimming, and biking.
- *vigorous physical activity* is aerobic activity, which increases the breathing and heart rates enough for cardio-respiratory conditioning. This type of activity may, depending on fitness level, cause “huffing and puffing,” so that talking is possible but the ability to carry on a conversation is limited. Examples of vigorous physical activities include jogging, basketball, aerobics, fast dancing, and fast swimming.

Strength Activities

- Strength activities help muscles and bones stay strong, improve posture, and help to prevent diseases like osteoporosis. Strength activities are those that make us work our muscles against some kind of resistance, like pushing or pulling hard to open a heavy door. To ensure good overall strength, include a combination of activities that exercise the different muscle groups – in the arms, mid-section, and legs. Strive for a balance of upper body and lower body, right and left sides, and opposing muscle groups (e.g., both the front and back of the upper arm). Examples of activities that build strength are rope or stair climbing, bat and racquet games, push-ups, weight training, rowing, and skating.

Flexibility Activities

- Flexibility activities help bodies to move easily, keeping muscles relaxed and joints mobile, and reducing the risk of injury. Regular flexibility activities can help us to live better, longer, so that quality of life and independence are maintained as we get older. Flexibility activities include gentle reaching, bending, and stretching of all muscle groups. Activities that help increase flexibility include stretches, pilates, dancing, gymnastics, and swimming.

Sample

Week 1 Sep 07 Start Date	Day	Duration of Activity (minutes)																				Act. Type (circle)	Daily Total	Activity	Adult's Initial				
		5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100					105	110	115	120
	Sun																									C S F			
	Mon	x	x	x	x	x	x																			C S F	30	P Ed	***Adult's initials for each week's non school activities
	Tue																									C S F			
	Wed	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x								C S F	90	P Ed, FCA	
	Thu																									C S F			
Sep 13 Week End	Fri	x	x	x	x	x	x																			C S F	35	swimming***	
	Sat																									C S F			
		Exercise Days pts: 25 /25 pts {1 day (8pts) 2 days (17 pts) 3 or more days (25 pts)}																				Total Time pts: 75 /75 pts		155	min <-- Week's Total -->	100%			

Monday's Physical Education Class (max you can claim is 30 min)
Wednesdays Physical Education Class (max 30 min), FCA 60 min
Exercised on Friday for 30 minutes and 5 minutes of stretching

* Max of 30 min for any Phys. Ed. Class.

NOTE: "All" point and percent calculations (both per week and monthly) must be done by the student

↑
● (weekly minutes total*75/150)
max of 75 pts

↑
● max 100%

SUM of **Exercise Days points** (max 25) +
Total Time points (max of 75 pts)